



North Providence Mancini Center

Spring it on!

NEW CLASS

PROTECT YOUR ASSETS

HEALTH & NUTRITION

MARCH & APRIL 2024 | NEWSLETTER | VOL. 7-2

Director's Message



ello Everyone!

Spring is just weeks away! Soon we will be turning our clocks ahead one hour and reaping the magnificent benefits of daylight savings time. This is also the time of year the Mancini Center launches new trips, classes, and special events offered to all our members!

Celebrate Spring and join us for our St. Patrick's Day Celebration on March 14th and our St. Joseph's Day Celebration on March 19th. Enjoy a traditional Irish Dinner and a delicious Italian Dinner both catered by Mickey G's. These are two of our most popular events! Enjoy music, dancing and raffles! Details are inside your newsletter.

NEW & NEXT... Scams and Fraud are a major concern especially to seniors. Criminals are getting more sophisticated and supercharging old scams with new technology. The North Providence Police Department will be at the center April 9th at 1:00PM to give us an overview of the top scams to watch out for in 2024. I highly recommend this informative presentation to all of you. Registration is required.

HEALTH & NUTRITION... This is always a hot topic! Staying fit as we get older begins with nutrition. The Mancini Center is offering numerous health and nutrition programs in March and April to help us stay on track and make healthier choices. There are also recipe tastings and cooking demonstrations!

NEW CLASS... We are excited to introduce "Ballroom Swingers", a new Ballroom Dance class scheduled to begin in April. This class welcomes beginners through intermediate levels. Learn easy dance moves of the Cha-Cha, Salsa, Foxtrot, and Swing to name a few. Another great way to have fun and stay fit!

There are so many new and exciting trips coming for 2024! Stop by our Trip Corner frequently to catch the latest updates. Keep your March/April Newsletter handy, if a program requires registration, call or stop by the center soon. Our special events and programs do fill up quickly. You don't want to miss the incredible opportunities available to our Mancini Members!

Cheers! To a bright and colorful season of Spring!

Linda M. Giorgio, Executive Director



North Providence

Mancini Center

2 Atlantic Blvd.

North Providence, RI 02911

Phone - 401-231-0742

Fax - 401-232-3460

Center Hours

Monday - Friday

9:00AM - 4:00PM

2024 Membership:

Valid 1/1/2024 - 12/31/2024

North Providence Residents: \$10.00

Non-Residents: \$15.00

Meet the Team!

Executive Director

Linda M. Giorgio

Office Manager/

Elder Resource Assistant

Flor Reyna

Program Coordinator

Joseph Nardella

Front Desk Coordinator

Jane Sheehan

Health Education Coordinator

Mary Ann Lilla, RN

Maintenance

Rita Morrobel

Steven Richards

Kitchen Assistant

Angela Provost

Dining Room Assistant

Sandra Santomassimo

Bus Drivers

Eileen Kirshenbaum

Marie Case

Notary Services

FREE To Members

Appointments Required

No Walk-Ins Please

NEW CLASS

Ballroom Swingers

Cha-Cha, Salsa, Foxtrot, Swing & more!

Dance Instructor - Fran

Beginners through Intermediate

Wednesdays at 2:00PM - Beginning April 24th



CLASS CANCELLATIONS

To accommodate our

St. Patrick's Day and St. Joseph's Day Celebrations in March
the following classes will be cancelled.

Wed, March 13

Sit Fit & Strong

Thurs, March 14

Strength Matters

Zumba

Bone Builders

Beg. Line Dancing

Mon, March 18

Zumba

Line Dancing

Barre Fitness

Tues, March 19

Tai Chi

Cardio Strength

Forever Fit

Scams & Fraud Prevention



Presented by

North Providence Police Department

Tuesday, April 9th 1:00PM

PROTECT YOUR HARD EARNED ASSETS

According to the FBI's latest Internet Crime Report, Americans over the age of 60 lost \$1.7 billion to fraud last year. This is the highest loss amount reported out of any age group. Learn from the best how to protect your assets. Protect yourself, your parents and grandparents from Scammers! There will be time allotted for questions and concerns.

Registration is required. Please call 231-0742.

NEW AND NEXT...

URI SNAP-Ed Nutrition Series

4 Monthly Sessions

10:00AM – 11:00AM

Eat Healthier and Make Smarter Food Choices.
Recipe Tasting & Complimentary Cooking Utensils
For All Who Attend!

Tuesday, March 26th

New Beginnings

Tuesday, April 23rd

Secret To Good Health

Tuesday, May 28th

Power Your Lifestyle

Tuesday, June 25th

Fuel Your Lifestyle

Registration Is Required



Smart Driver Course

Provided by AARP



Thursday, March 28th

9:00AM - 2:00PM

This Smart Driver course will teach us the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment.

Learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time.

Space is limited Registration is required

AARP Members \$20.00 | Non-Members \$25.00

Checks payable to AARP

Payments are accepted the day of class.

Whimsical Workshop

Create A Fairy Garden

Provided by Cherry Hill Manor

Friday, April 26 10:00AM – 11:30AM

\$3.00 per person Registration Required

Whether you're a seasoned gardener or just starting out, there is something truly magical about creating these miniature landscapes. Design and create your very own Fairy Garden. Participants are asked to take in their own 8–10-inch terracotta pot with drainage saucer. All other materials are included in this class. You may take in some of your own miniature accessories to give your creation an extra layer of charm and personality.



Tech Time

With Mike & Paul

Provided by North Providence Union Free Library

Classes are held at the Mancini Center

Registration Is Required

Beginners Level 9:30AM - 10:30AM

Intermediate Level 11:00AM - 12:00PM

All Classes are held on Fridays

Participants are committed to attend all 5 sessions

April 19 • May 3 • May 17 • May 31 • June 14

- Basic Computer Functions & Hardware
- Internet & Email Basics
- Document Creation
- Scams & Internet Safety
- Password Creation

Please take your laptop with you to class.

If you do not own one, the NP Union Free Library will provide one to you to use during classes.

Prescription Drug Take Back Day

Thursday, April 25th

10:00AM – 2:00PM

Turn in unneeded Medication for safe disposal.

Keep them safe. Clean them out.

Take them back.



Strategies For Successful Weight Management

Tuesday, April 30th 10:00AM

Learn how reshaping your habits and making permanent lifestyle changes can help you reach and maintain a healthy weight.

Enjoy a cooking demonstration with

Chef Kevin Millonzi!

Registration Is Required.



**Blue Cross
Blue Shield**
of Rhode Island

RELAX & UNWIND

Reiki

Provided by Linda Young, Reiki Master

Wednesday - April 24

10:00AM - 12:00PM

Reiki is an energy healing technique that promotes relaxation, reduces stress and calms anxiety through gentle touch. Private 15 minute Reiki appointments are available to senior members.

Call our front desk to schedule your appointment.



Meditation

Wednesdays 11:00AM

Learning to simply relax and keep calm under pressure are huge mental and physical health benefits of Meditation. Meditation reduces stress, controls anxiety, promotes emotional health, increases self-awareness, improves concentration and slows aging.

Join us on Wednesdays to experience the benefits of Meditation.

Chair Massage

Provided by Mary Macro, LMT

Tuesdays - March 12 and April 9

12:00PM - 3:00PM

Cost: \$10.00 - 15 Minutes



A Chair Massage focuses on the back, shoulders, neck, arms and head. It is designed to relax the muscles and improve flexibility and movement. Benefits include stress reduction, decreased anxiety, muscle tension relief, improved circulation, improved quality of sleep and increased immune function. Each private 15 minute chair massage is provided by a Licensed Massage Therapist. Appointments are required and may be scheduled at the front desk.

GET INSPIRED!

Hookers Delight Crochet Class

Tuesdays

March 5 & 26 April 16 & 30
10:00AM - 11:30AM

Crochet is a fun, relaxing hobby that anyone can do!

Learn the stitches, tools and techniques that you need to get started. You'll create items that are beautiful and functional. Members of any skill level are welcome to attend. All materials are provided.

Registration required.

March & April Projects

Prayer Shawl & Navajo Blanket

Captivating Canvases Acrylic Painting Class

One Painting Monthly

Thursdays 1:00PM - 3:00PM

Registration required. Class is Limited to 10.

Tap into your inner artist! Beginners to advanced students are welcome. Each painting is a 2 week project.

All materials are provided.

April Canvas

"Spring Field With Daisies & Dandelions"

April 4 & April 11

April 18 & April 25

SPECIAL EVENTS

St. Patrick's Day Celebration

Thursday, March 14th
12:00PM - 3:00PM

\$15.00 Per Person

Catered by Mickey G's

Delicious Irish Dinner

Vegetable Soup, Corned Beef & Cabbage,
Potatoes & Carrots & Irish Soda Bread
Coffee/Tea & Dessert

Entertainment with

DJ Joe Marasco

A Special Dessert - St. Patrick's Day Cupcakes
Sponsored by A.A. Mariani & Son

St. Joseph's Day Celebration

Tuesday, March 19th
12:00PM - 3:00PM

\$15.00 Per Person

Catered by Mickey G's

Delicious Italian Style Dinner

Soup, Chicken Parmigiana,
Roasted Potatoes & Vegetables
Italian Bread & Butter, Coffee/Tea & Dessert
Enjoy Zeppoles, Wandies, Raffles & Dancing!

Italian Zeppoles!

Compliments of Senate President Dominick Ruggerio

Entertainment with *Ronnie Giorgio!*

Dance Music with DJ Jim "Celebrations"!

Entertainment Sponsors

A.A. Mariani & Son

Golden Crest

Personal Preparedness 101

Provided by RI Department of Health

Thursday, April 11th 1:00PM

Registration Required

**Join us, Learn the key principals of
Emergency Preparedness:**

- Establish an Emergency Plan
- Staying Informed During an Emergency
- How to Build an Emergency Kit
- Discuss specific resources available in RI.
- RI Special Needs Emergency Registry and it's benefits for family members with disabilities and chronic conditions.

Welcome Spring!

Ice Cream Social

Sponsored by Cherry Hill Manor

Tuesday, April 16th 12:30PM

Registration Required

Let's celebrate the arrival Spring with Ice Cream!
Join Loraine as she demonstrates how to make a
deliciously cool ice cream cake. This quick and easy
recipe can be made by anyone.
Afterward, we'll 'chill out' with a scrumptious slice!



SPECIAL EVENTS

Mother's Day Celebration

Thursday, May 9th

12:00PM - 3:00PM

\$15.00 Per Person

Tickets go on sale April 1st

Catered by Mickey G's

Salad, Chicken Piccata, Rice Pilaf, Green Beans
Bread & Butter, Coffee/Tea
Strawberry Shortcake
Chocolate Covered Strawberries

Entertainment

Tom Conte

Sponsored by Golden Crest

Father's Day Breakfast

Thursday, June 13th

10:30AM - 12:00PM

\$15.00 Per Person

Tickets go on sale May 1st

Breakfast Includes:

Fresh Fruit Salad, French Toast,
Scrambled Eggs, Home Fries,
Breakfast Sausage,
Orange Juice, Coffee & Tea

Entertainment

Bill Barbieri Duo

Salute To Our Heroes

Celebrating the Lives of Those Who Have Fallen in Service

The Fancie Dancers Presents...

"THE LAND THAT WE LOVE DANCE SHOW"

Friday, May 24 \$10.00 Per Person

Lunch Served 12:00PM Show Time 2:00PM

Tickets Available For Purchase April 1

Catered by Mickey G's

**Hamburger, Pickles, Potato Chips, Apple Crisp
Cold Beverage, Coffee/Tea**

MARCH VIBES

Blood Pressure Screenings

9:30AM - 10:30AM

- Tuesday, March 5th
- Thursday, March 21st



Simplify Your Life

Presented by Blue Cross & Blue Shield of RI
Thursday, March 7th 10:00AM

Discover ways to create more time and space.

Physical, mental, and emotional - to pursue the things that are most important to us. First, we will look at prioritizing the things that really matter. Next, we will offer suggestions on how to turn down the noise and reduce or remove the clutter and obstacles that get in the way of a richer, more satisfying life.

Registration is required.

Smartphone Workshop

Provided by Verizon
Friday, March 8th

10:00AM - iPhones | 1:00PM - Androids

Join representatives from **Verizon** for this **FREE** workshop and learn how to use your smartphone to its fullest! Space is limited.

Registration is required.

Strengthening Your Immune System

Presented by URI Pharmacy Outreach
Tuesday, March 12th 10:00AM

This informational presentation will explain how our immune system works and its importance in maintaining good health. We will discuss the role of many commonly known OTC products that have shown a role in boosting immune system health. Product selection can be confusing. Learn how to make informed choices.

Registration is required.

Hearing Screenings

Provided by Beltone
Wednesday, March 20th
9:30AM-11:00AM

Appointments are required.
Please register at the front desk.

Kidney Health

Presented by Lincolnwood
Thursday, March 21st 10:00AM

Kidneys are a special filter system for our bodies. Their main job is to remove waste from the blood and return the cleaned blood back to the body.

They have many other functions as well. Meryl Hurley, RN will lead a discussion on what our kidneys do for us. We'll also learn ways to keep our kidneys in good health.

Registration is required.

Spiritual Rockstars

Friday, March 22nd 12:30PM

Please join our volunteer Brenda Pannone as she leads us in prayer once a month. All spiritual denominations are welcome.

New Beginnings - Nutrition

Presented by URI SNAP-Ed
Tuesday, March 26th 10:00AM

This Nutrition Workshop will focus on MyPlate, the official symbol of the five food groups. We will learn how to make healthy choices from each of these groups. Portion sizes and intuitive eating habits will also be discussed. Sample a healthy recipe and create some healthy habits.

Registration is required.

BOOK CLUB

Monday, March 25th 1:00PM

Discuss: "Dictionary of Lost Words"
by Pip Williams

Receive: "Canary Girls"
by Jennifer Chiaverini

Registration is required

COVID/Flu Vaccination Clinic

Tuesday, March 26
11:00AM - 1:00PM

OPEN TO THE PUBLIC

Registration Is Required

Call 231-0742 or stop by the Front Desk

Please Bring Your Medical Insurance
Card To The Clinic



APRIL VIBES

Blood Pressure Screenings

9:30AM - 10:30AM

- Tuesday, April 2nd
- Tuesday, April 9th
- Thursday, April 18th



Personal Preparedness 101

Provided by RI Department of Health

Thursday, April 11th 1:00PM

Learn how to prepare for an emergency. Get tips, tools and resources to help us plan. Engage in personal preparedness activities and start building your own emergency kit.

Registration is required.

Stroke

Presented by URI Pharmacy Outreach

Tuesday, April 16th 10:00AM

Prompt treatment of this medical emergency could mean the difference between life and death. It is important to understand and recognize the signs that a stroke is occurring, how to properly react quickly and ways to prevent a stroke or the occurrence of a second one.

Registration is required.

See Inside Your Ear

Provided by Beltone

Wednesday, April 17th 9:30AM-11:00AM

Do you have trouble hearing? It may be as simple as ear wax buildup. A video otoscope screening could help identify common ear issues and determine what is causing your hearing loss. It's quick and painless!

Registration is required.

Smartphone Workshop

Provided by Verizon

Friday, April 19th

10:00AM - Androids | 1:00PM - iPhones

Join representatives from **Verizon** for this **FREE** workshop and learn how to use your smartphone to its fullest! Space is limited.

Registration is required.

Secret To Good Health

Presented by URI SNAP-Ed

Tuesday, April 23rd 10:00AM

Meal planning is the process of building a weekly menu to best suit your nutritional needs. It can take the guesswork out of dinnertime, help you to stick to a budget, and help keep your nutrition goals on track.

Learn about meal planning and easy food preparation. Sample a healthy recipe!

Registration is required.

BOOK CLUB

Wednesday, April 24th 1:00PM

Discuss: "Canary Girls"

by Jennifer Chiaverini

Receive: "Someone Else's Shoes"

by Jojo Moyes

Registration is required

Spiritual Rockstars

Friday, April 26th 12:30PM

So often, we mean to pray but the day just slips away, and we never get back to our "prayer closet". Our higher power does not care how we pray, he just wants us to pray. Please join our volunteer Brenda Pannone as she leads us in prayer once a month. All spiritual denominations are welcome.

Strategies For Successful Weight Management

Presented by Blue Cross & Blue Shield of RI

Tuesday, April 30th 10:00AM

Learn how reshaping your habits and making permanent lifestyle changes can help you reach and maintain a healthy weight for you. Plus, enjoy a cooking demonstration and samples from

Chef Kevin Millonzi!

Registration is required.

MANCINI CINEMA

Enjoy An Afternoon Matinée On Our 85" TV!

Monday, March 11th 1:00PM

Ticket To Paradise

2022 romantic comedy starring George Clooney & Julia Roberts

Monday, April 8th 1:00PM

Wonka

2023 musical fantasy starring Timothée Chalamet & Hugh Grant

STAY STRONG, LIVE LONG

Fitness Classes

Monday

9:00 AM - 3:00 PM: Fitness Center
 10:00 AM: BoneBuilders
 10:00 AM: Mat Yoga w/Amy
 1:00 PM: Zumba w/Fran
 2:00 PM: Line Dancing w/Fran
 3:00 PM: Barre Fitness w/Fran

Tuesday

9:00 AM - 3:00 PM: Fitness Center
 9:00 AM: Tai Chi w/Bob
 10:00 AM: Cardio Strength Training w/Lisa
 10:00 AM: Chair Yin Yoga w/Mary
 11:30 AM: Forever Fit w/Sue

Wednesday

9:00 AM - 3:00 PM: Fitness Center
 9:00 AM: Forever Fit w/Sue
 10:00 AM: Arthritis Exercise w/Sue
 11:00 AM: Meditation w/Mary
 11:00 AM: Tai Chi w/Karl
 1:00 PM: Sit Fit & Strong w/Fran
 2:00 PM: Ballroom Swingers w/Fran
 (Begins April 24)

Thursday

9:00 AM - 3:00 PM: Fitness Center
 9:00 AM: Strength Matters w/Sue
 10:00 AM: Zumba w/Sue
 11:00 AM: BoneBuilders
 12:30 PM: Beginners Line Dancing w/Fran

Friday

9:00 AM - 3:00 PM: Fitness Center
 10:00 AM: Mat Yoga w/Amy
 11:30 AM: Now & Zen Chair Yoga w/Amy
 1:15 PM: ROC Steady w/Lisa

Daily Programs

Monday

9:00 AM - 3:00 PM: Open Billiards
 1:00 PM: Mah Jongg Advanced
 1:00 PM: Michigan Rummy
 1:00 PM: Hi Lo Jack Free Play

Tuesday

9:00 AM - 3:00 PM: Open Billiards
 10:00 AM: Hookers Delight
 12:00 PM: Chair Massage (3/12 & 4/9)
 1:00 PM: Hi Lo Jack League
 1:00 PM: Scrabble

Wednesday

9:00 AM - 3:00 PM: Open Billiards
 9:30 AM: Quilting
 10:00 AM: Reiki - April 24th
 1:00 PM: Mah Jongg Instructional
 1:00 PM: Mah Jongg Free Play
 1:00 PM: Mah Jongg Advanced
 1:00 PM: Poker League
 1:00 PM: Book Club (3/27 & 4/24)

Thursday

9:00 AM - 3:00 PM: Open Billiards
 1:00 PM: Captivating Canvases
 1:00 PM: Stamp Club

Friday

9:00 AM - 3:00 PM: Open Billiards
 12:30 PM: Spiritual Rockstars (3/22 & 4/26)
 1:00 PM: Mah Jongg Advanced

BETTER CHOICES = A HEALTHY LIFESTYLE

Arthritis Exercise

Wednesday 10:00 AM
Instructor: Sue

This class focuses on maintaining range of motion and flexibility. Increasing muscle strength and cardiovascular endurance to benefit our heart and lungs. Class is mainly seated with some standing exercises.

Barre Fitness

Monday 3:00 PM
Instructor: Fran

This innovative exercise program combines slow movements using your own body-weight with the assistance of a ballet bar. This class is designed for older men and will engage muscles that other exercises don't reach. Barre challenges those of us who want to fine-tune our muscles, improve balance and posture, increase strength coordination and sculpt a stronger, more defined core. Non-slip socks are required for this class.

Bone Builders

Monday 10:00 AM Thursday 11:00 AM
Instructor: Deb Instructor: Michele

A mainly seated light aerobic workout using light hand weights, with a focus on building core muscles and preventing osteoporosis.

Cardio Strength Training

Tuesday 10:00 AM
Instructor: Lisa

A class focusing on cardiovascular and strength fitness set to fun music using dance and a few sports moves. Bring your light weights, a 2-3 inch stress ball and be prepared to have a fun workout!

Chair Yin Yoga

Tuesday 10:00 AM
Instructor: Mary

Chair Yin Yoga is a meditative form of yoga in a chair. Each movement is done slowly while applying gentle, healthy stress to our joints and connective tissues, like our fascia, ligaments, joints, and bones. Yin Yoga is known to help relieve stiffness and enhance our body's flexibility. Excellent for those of us with arthritis.

Forever Fit

Tuesday 11:30 AM & Wednesday 9:00 AM
Instructor: Sue

This beginner/intermediate class combines seated stretching, flexibility and range of motion exercises, strength training, standing dance fitness and balance exercises.

Line Dancing

Monday 2:00 PM
Beginners: Thursday 12:30 PM
Instructor: Fran

Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great!

Mancini Fitness Center

Monday - Friday 9:00 AM - 3:00 PM

The Fitness Center is fully equipped with Exercise Bikes, Treadmills, Standing and Recumbent Ellipticals and Rowers.

Mat Yoga

Monday & Friday 10:00 AM
Instructor: Amy

The benefits of yoga are greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with an easy flow of moving with awareness and breath to quiet the mind and then ending with a guided meditation. Modifications are demonstrated. A yoga mat is required for this class.

Meditation

Wednesday 11:00 AM
Instructor: Mary

Learn techniques intended to encourage a heightened state of awareness and focused attention. The benefits of meditation include improved memory, lowered blood pressure, a calmer attitude, stress relief and improved coordination.

Now & Zen Chair Yoga

Friday 11:30 AM
Instructor: Amy

A gentle yoga class designed to cultivate awareness and strength through movement, breath work and guided meditation. Everyone will benefit from this class especially older adults with balance deficits or those who have limited mobility. Studies have shown, practicing yoga once a week will boost our overall health and mental well-being.

ROC Steady (Chair)

Friday 1:15 PM
Instructor: Lisa

ROC Steady is a comprehensive chair exercise program designed for individuals who have complications standing during a fitness regimen. Senior members with balance deficits, injuries and disabilities will benefit from this class. Instructor Lisa Cruz will accommodate various fitness levels and adjust exercises based on abilities.

Sit Fit & Strong (Chair)

Wednesday 1:00 PM
Instructor: Fran

A seated, whole body workout. We stretch, tone and work on upper body strength using optional hand weights. Dance movements are also incorporated.

Strength Matters

Thursday 9:00 AM
Instructor: Sue

Learn a series of stretches and strengthening exercises performed seated and lying on a mat as well as the proper way to get up from the floor. These exercises are designed to help strengthen upper and lower body and core muscles.

A thick yoga mat is required for this class.

Tai Chi

Tuesday 9:00 AM Wednesday 11:00 AM
Instructor: Bob Instructor: Karl

This class has been described as "moving meditation". It is a gentle, easy form of exercise. The benefits of Tai Chi include improved cardiovascular fitness, posture, muscular strength, balance, flexibility. It also boosts cognitive function and reduces stress.

Zumba

Monday 1:00 PM Thursday 10:00 AM
Instructor: Fran Instructor: Sue

Zumba is a Latin-inspired dance fitness class that is low-impact and easy to learn. Using lightweight maraca-like toning sticks, we increase our cardio-respiratory. A total workout combining cardio, muscle conditioning, balance and flexibility.

SOCIAL SERVICES

Our Social Services Department assists and refers older adults in areas of Finance, Health Insurance, Housing, Legal, Social Security and Prescription Drugs.

Wednesdays: March 20th 10:00AM - 12:30PM

April 24th 10:30AM - 1:00PM



To schedule an appointment with **Gwen Rush, Tri County SHIP Counselor**, please call our Front Desk at 231-0742.

SUPPORT GROUP

Grief Support Group

Provided by Beacon Hospice

**Thursdays: March 28th & April 25th
1:00PM**

Grief is a normal response to loss during or after a traumatic event. People cope with losses in different ways. If you need help dealing with your loss, join us for our grief recovery support group.

No registration required. Walk-ins welcome.

MAH JONGG NEWS

Mah Jongg for Beginners

**Begins Wednesday, March 6th
1:00PM**

Learn to play Mah Jongg! Players must commit to an 8 week instructional session. This session begins Wednesday, March 6th and ends April 24th.
Space is limited.

Registration is required.

MANCINI CENTER DINING

Mondays and Fridays 11:30AM

For reservations, call our Front Desk – 231-0742

Enjoy a delicious hot lunch in our comfortable Dining Room! Lunch is provided by Blackstone Inc. and is offered on Mondays and Fridays. This program is for seniors age 60+ and adults who are disabled, with proper documentation.

This nutrition program for older Rhode Islanders is sponsored by the RI Office of Healthy Aging via the Older Americans Act.

- Lunch is a \$3.00 Suggested Donation - **Menus available at the center.**
- Lunch is served at 11:30AM – Dining Room Opens at 11:15AM (NO EARLIER)
- Reservations are required 1 week in advance
- Cancellations are appreciated 24 hours in advance

SPECIAL ANNOUNCEMENT

FITNESS CENTER

Members who utilize our **FITNESS CENTER** are required to follow our policy for gym shoes.

No street shoes, sandals, flip flops or bare feet are allowed in the fitness center.

We recommend a good supportive pair of sneakers. Please change your street shoes before entering the fitness center. Carry them with you and change once you arrive.

WELLNESS CLASSES

Members who participate in our **WELLNESS CLASSES** are required to wear supportive sneakers.

Clothing worn during classes should allow a full range of movement so you can focus on the exercise and perform to the best of your ability. **FALL PREVENTION:** For your safety, during inclement weather (rain or snow), members are required to change street shoes before entering class. Carry them with you and change once you arrive. Ample space is available in the dining room - Tables & Chairs area.

BOOK A TRIP


Mancini Center Trips are exclusive to members. A separate check is required for each trip.

Payment must be made in full to reserve your trip. There are no refunds.

Please refer to the Mancini Center Trip Policy for details.

Mancini Center Trips	Date	Time	Cost
Newport Playhouse - 2 DATES (SOLD OUT - WAITLIST) "The Ladies Foursome" The day after their friend Cathy's funeral, Margot, Tate, and Connie gather for a round of golf in honor of their recently departed fourth. There, they are joined by another woman, an old friend of Cathy's they'd never met. Over the course of eighteen holes, secrets and confessions unravel as the women discuss love, sex, children, and everything in between. A funny, fast-paced, heartwarming story of friendship. Includes transportation, a delicious buffet, a hilarious play and a fun-filled cabaret.	Thurs., March 21 Wed., April 3	10:00AM-6:00PM	\$70
Springtime in New England Join us for this beautiful spring outing where you will stroll through acres of colorful flowers and bring home a fresh handpicked bouquet of the most amazing tulips you have ever seen. On this trip you will also get in the spring spirit at The Farmer's Daughter, visit the picturesque 18th century home of Gilbert Stuart, one of America's most famous portrait artists, have lunch at the fabulous Coast Guard House, and stop for homemade ice cream before we return home. Includes transportation, admission to attractions and a bouquet of ten tulips. Lunch and ice cream are purchased on your own.	Tues., May 7	9:30AM-5:00PM	\$75
Newport Playhouse - 2 DATES "Cemetery Club" Three Jewish widows meet once a month for tea before going to visit their husbands' graves. Ida is sweet tempered and ready to begin a new life; Lucille is a feisty embodiment of the girl who just wants to have fun; and Doris is priggish and judgmental, particularly when Sam the butcher enters the scene. He meets the widows while visiting his wife's grave. Doris and Lucille squash the budding romance between Sam and Ida. Includes transportation, a Lobsterfest buffet, a hilarious play and a fun-filled cabaret.	Mon., June 17 Mon., June 24	10:00AM-6:00PM	\$87
Scenic Rhode Island Join us for a day of spectacular scenery as we explore the gorgeous southern region of Rhode Island. Traveling from Narragansett to Watch Hill, this area known for its miles of beautiful beaches and marvelous oceanfront homes will be presented to you in all its glory. Along the way, we will visit two of Rhode Island's most panoramic lighthouses, and two of our renowned beaches. We will also go to a gorgeous lavender farm, and the most unique collection of gift shops in Rhode Island. As part of the day, we will stop for lunch at the nationally acclaimed Matunuck Oyster Bar and enjoy some refreshing ice cream at Brickley's. Includes transportation, admission to attractions and ice cream. Lunch is purchased on your own.	Tues., July 16	9:00AM-6:00PM	\$75
Newport Playhouse - 3 DATES "Nunsense" Nunsense is a hilarious spoof about the misadventures of five nuns trying to manage a fundraiser. Sadly, the rest of the sisterhood died from botulism after eating vichyssoise prepared by Sister Julia Child of God. Thus, the remaining nuns – ballet-loving Sister Leo, street-wise Sister Robert Anne, befuddled Sister Mary Amnesia, the Mother Superior Sister Regina, and mistress of the novices Sister Mary Hubert – stage a talent show in order to raise the money to bury their dearly departed. With catchy songs and irreverent comedy, Nunsense is sure to keep audiences rolling with laughter. Includes transportation, a Lobsterfest buffet, a hilarious play and a fun-filled cabaret.	Mon., July 22 Mon., July 29 Mon., August 5	10:00AM-6:00PM	\$87



Mon	Tue	Wed	Thu	Fri
<div>MARCH</div> 				1
4	5	6	7	8
<div>10:00AM-11:30AM</div> <div>Hooker's Delight</div>	<div>9:00AM-2:00PM</div> <div>Designs By Kathie</div> <div>9:30AM-10:30AM</div> <div>Blood Pressure</div> <div>10:00AM-2:00PM</div> <div>AARP Tax Prep</div> <div>By Appointment</div> <div>10:00AM-11:30AM</div> <div>Hooker's Delight</div>		<div>10:00AM-11:00AM</div> <div>"Simplify Your Life"</div>	<div>Tech Time</div> <div>9:30AM - Beginners</div> <div>11:00AM - Intermediates</div> <div>Smartphone Workshop</div> <div>10:00AM - iPhones</div> <div>1:00PM - Androids</div>
11	12	13	14	15
<div>1:00PM</div> <div>Mancini Cinema</div> <div><i>Ticket To Paradise</i></div>	<div>10:00AM-11:00AM</div> <div>"Strengthening Your Immune System"</div> <div>12:00PM-3:00PM</div> <div>Chair Massage</div> <div>By Appointment</div>		<div>St. Patrick's Day Celebration</div> <div>12:00PM-3:00PM</div>	
18	19	20	21	22
<div>10:00AM-2:00PM</div> <div>AARP Tax Prep</div> <div>By Appointment</div> <div>St. Joseph's Day Celebration</div> <div>12:00PM-3:00PM</div>	<div>10:00AM-2:00PM</div> <div>AARP Tax Prep</div> <div>By Appointment</div>	<div>9:30AM-11:00AM</div> <div>Hearing Screenings</div> <div>By Appointment</div> <div>10:00AM-12:30PM</div> <div>Tri-County Appointments</div>	<div>9:00AM-12:00PM</div> <div>AARP Info Table</div> <div>9:30AM-10:30AM</div> <div>Blood Pressure</div> <div>10:00AM-11:00AM</div> <div>"Kidney Health"</div> <div>TRIP</div> <div>Newport Playhouse</div>	<div>Tech Time</div> <div>9:30AM - Beginners</div> <div>11:00AM - Intermediates</div> <div>12:30PM</div> <div>Spiritual Rockstars</div>
25	26	27	28	29
<div>1:00PM</div> <div>Book Club</div>	<div>10:00AM-11:00AM</div> <div>"New Beginnings"</div> <div>10:00AM-11:30AM</div> <div>Hooker's Delight</div> <div>11:00AM-1:00PM</div> <div>COVID/Flu Vaccination Clinic</div>		<div>9:00AM-2:00PM</div> <div>Smart Driver Course</div> <div>1:00PM</div> <div>Grief Support</div>	<div>CENTER CLOSSES AT NOON</div> <div>NO CLASSES</div>

North Providence Mancini Center
2 Atlantic Boulevard
North Providence, RI 02911



STOP & SHOP BLOOMIN' 4 GOOD PROGRAM

SUPPORTING **North Providence Senior Center Association**

For the month of March the Mancini Center has been selected to benefit from the
Stop & Shop's Bloomin' 4 Good Program.

For every \$10.99 bouquet marked "Bloomin' 4 Good" purchased from the Stop & Shop in North Providence,
the Mancini Center will receive \$1.00 donated to our Non-profit,
North Providence Senior Center Association.

Support your senior center! Buy a bouquet, and we will receive \$1 from Stop & Shop!



Stop & Shop
1128 Mineral Spring Avenue
North Providence, RI



Mission Statement

"To promote healthy aging, independence and the well-being of older adults through health, wellness, educational, cultural and recreational programs and services."